

DAY #7

Connect with God Today to keep a Clear Conscience - Confess, Learn, Adjust

POWER PASSAGE: Matthew 5:10-12; Phil 4:11-13 - Read | Listen | Apply
Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. 11 “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. 12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

I have learned to “be content” whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through “Him” who gives me strength.

What did God speak to you today from this reading? Why do you think He impressed that on your heart specifically?

In your own words, how would you define contentment?

Go to the dictionary and define **CONTENTMENT**:

Would you describe yourself as a content person? Why or why not? If not, how does GOD want you to LEARN to be content?

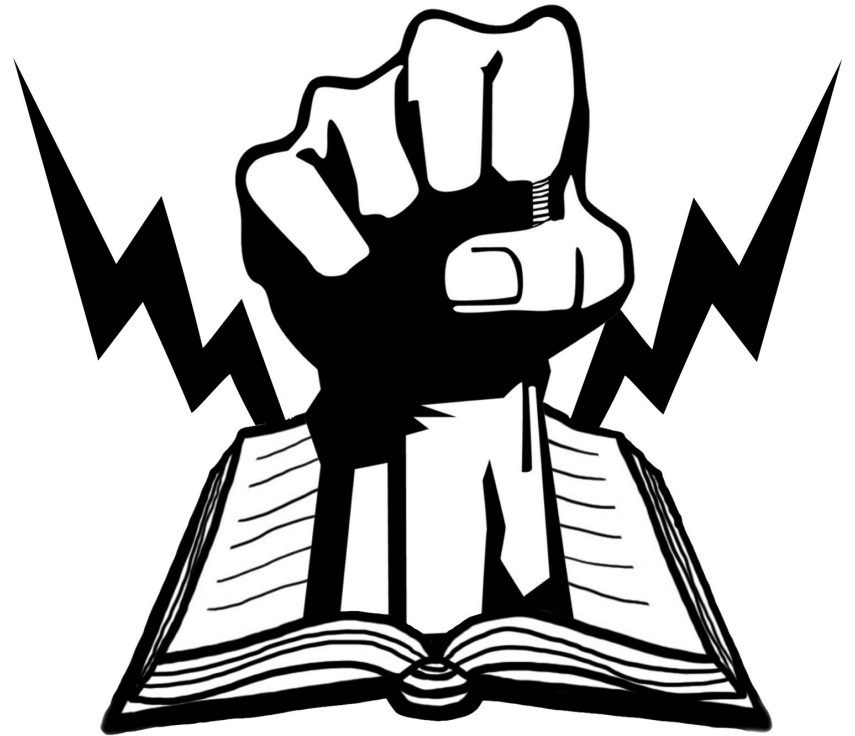
How can being content help you in your recovery?

Awesome Quote Today! / Challenge / Principle

An unknown poet wrote, “**I asked God for** “strength” that I might achieve; I was made weak that I might learn to humbly obey. **I asked for** “health” that I might do greater things; I was given infirmity that I might do better things. **I asked for** “riches” that I might be happy; I was given poverty that I might be wise. **I asked for** “power” that I might have the praise of men; I was given weakness that I might feel the need of God. **I asked for** “all things” that I might enjoy life; I was given life that I might enjoy all things. **I got nothing that I asked for but everything I had hoped for.** I am most richly blessed among men.”

God is faithful! Men who don’t experience God’s blessings are those who aren’t content with how God answers their prayers and directs their lives. They don’t see God’s way as better! **God’s ultimate goal is to mold us into his image!**

Talk with God today about where you are at with this word “content”.



THE WORD

The POWER to change your life!

“Do not merely listen to the Word, and so deceive yourselves.
Do what it says.” - James 1:22

MIND METAMORPHOSIS - WK 4

DAY #1

Walking in the Spirit Through:

Confessing Mistakes, Proclaiming Victories, Learning from Mistakes & Victories, Adjusting to Repeat or not Repeat. This should be done daily looking at your last 24 hours.

POWER PASSAGE: Psalm 139:2-4, 7-9, 13-18, 23-24 - Read | Listen | Apply

2 You perceive my thoughts from afar. 3 You discern my going out and my lying down; You are familiar with all my ways. 4 Before a word is on my tongue You know it completely, O LORD.

7 Where can I go from Your Spirit? Where can I flee from Your presence? 8 If I go up to the heavens, You are there; if I make my bed in the depths, You are there.

13 For You created my inmost being; You knit me together in my mother's womb. 14 I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. 15 My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, 16 Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be. 17 How precious to me are Your thoughts, O God! How vast is the sum of them! 18 Were I to count them, they would outnumber the grains of sand. When I awake, I am still with You.

23 Search me, O God, and know my heart; test me and know my anxious thoughts.

24 See if there is any offensive way in me, and lead me in the way everlasting.

What is your big takeaway from today's reading? Why?

How do the segments below of today's scriptures make you feel about GOD?

- **You (GOD) are familiar with all my ways...**

- **All the days ordained for me (YOU) were written...before one of them came to be...**

- **How precious are God's thoughts of you that they outnumber the grains of sand in the sea! Unfathomable!**

Prayer/Quote/Challenge/Principle

Let's pray! Lord, help me grasp the depth of your love for me and the fact that you know my every movement, thought, and word. God, this should be enough to keep me focused on **living for you** and not on temporary sin that never has any lasting satisfaction. I want to know you more deeply. Help me **deny my thoughts** today and turn them back onto You. I want to stop pursuing my old ways of coping. I need you every minute. Thank you that I can fully trust you. In Jesus Name, Amen!

Reflect on how intimately God knows you.

Think about this: He knew all the sins you would commit, and He still wanted YOU!

DAY #6

Confess Daily Your Wrongs and Your Victories from the Last 24 Hours!

What can you learn from yesterday? What would you do differently if you could live it again?

POWER PASSAGE: Deuteronomy 6:1-9 - Read | Listen | Apply

1 These are the commands, decrees and laws the Lord your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, 2 so that you, your children and their children after them may fear the Lord your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life. 3 Hear, Israel, and be careful to obey so that it may go well with you and that you may increase greatly in a land flowing with milk and honey, just as the Lord, the God of your ancestors, promised you.

4 Hear Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the door frames of your houses and on your gates.

What is your big takeaway from today's reading? For what purpose did God want you to read this passage of scripture today?

V4-9 is known as the SHEMA. It is the most recited prayer of the Jewish faith. It is the foundation of our Christian faith. Why? Because in Matthew 22:37, Jesus quoted verse 5 from today's reading as our greatest commandment. What is GOD trying to teach you through V6-9?

How does LOVING GOD with all your heart change your life? How does it help in your recovery?

Prayer/Quote/Challenge/Principle

Reinhold Niebuhr wrote one of the most quoted recovery sayings, **"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."** There are always things you can change in your life to break **"cycles of sin."** Continue to ask God **what you need to do** to grow into the next phase of walking in complete freedom in Christ.

Ask God how you can embrace change instead of being discouraged by it.

DAY #5

Talking with God Daily Must Become a Habit - Confess Wrongs & Victories | Learn | Adjust

POWER PASSAGE: 1Thessalonians 4:1-8 - Read / Listen / Apply

1 Brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. 2 For you know what instructions we gave you by the authority of the Lord Jesus.

It's God's will that you should be sanctified: that you should avoid sexual immorality;

4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God; 6 and that in this matter no one should wrong or take advantage of a brother. The Lord will punish all those who commit such sins, as we told you and warned you before.

7 For God did not call us to be impure, but to live a holy life. 8 Therefore, he who rejects this instruction does not reject man but God, Who gives you His Holy Spirit.

What did God impress on you today as you read His Words? How can you apply it to your life? If you do apply it, how will it change your life "5" years from now?

What are some ways you have LEARNED to control your body in a holy way?

Would you describe yourself as **HOLY**? What would it take for your family or friends to describe you as holy? (It may help to Google what it means to be holy.)

What is the main principle from today's reading that can help you overcome your addiction and keep you free? (Think about this. Don't give the easy answer.)

Prayer/Quote/Challenge/Principle

Billy Sunday wrote, "**Going to church on Sunday doesn't make you a Christian any more than going to a garage makes you a car.**" Jesus said in John 14:6 that, "**He is the way, the truth, and the life.**" The only thing that can make us a true Christian is to have His life living in us. Our Christian life is 24/7. Wherever we go, whatever we do, we should include Jesus in our thoughts and actions. He wants to be a part of every area of your life! **He is life.** Start to practice talking with Him throughout your day. It will begin a deeper relationship with Him that He desires to have with you! He wants to live life with YOU.

Talk with God about how you can glorify Him more with your life

PS: This doesn't mean He loves you more. You're not earning anything! You just want to live a life that pleases Him like you would want to please your earthly Dad.

DAY #2

Connect with God Habitually Every Day! Confess | Learn | Adjust

POWER PASSAGE: James 1:19-27 - Read | Reflect | Apply | Change

19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Do not merely listen to the Word, and so deceive yourselves. Do what it says.

Anyone who listens to the Word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. 27 Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

What did God impress on you today in His Word? How can you apply this to your life?

If you are dealing with anger, you need to let your small group know. Get them praying and have them hold you accountable. Anger is a secondary emotion... meaning it is caused by something else. List below the things that anger you and then reflect on if anger solves the problem or makes it worse? Extra credit :) Read every Scripture in Proverbs about ANGER.

Twice in today's passage of scripture, it talks about being **deceived**. This implies that we can be DECEIVED. List areas of your life you have deceived yourself. What can you do to prevent it in the future?

Prayer/Quote/Challenge/Principle

"Champions are made when no one is looking." Who you are and what you will become is largely decided by the choices you make when you're all alone and NO ONE IS LOOKING! These times reveal the state of your heart. Do you like this man you see when you look in the mirror? When you stand before GOD, what do you want to hear HIM say?

Reflect on this today!

Talk with God about not just reading the Word... but how to do what it says.

DAY #3

Walking in the Spirit - Confess \ Learn \ Adjust

POWER PASSAGE: Hebrews 11:1-3, 5-6, 24-26, 32-38 - Read | Listen | Apply
1 FAITH is BEING SURE OF WHAT WE HOPE FOR AND CERTAIN OF WHAT WE DO NOT SEE. 2 This is what the ancients were commended for. 3 By FAITH we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

5 By FAITH Enoch was taken from this life, so that he did not experience death: "He could not be found, because God had taken him away." For before he was taken, he was commended as one who pleased God. 6 And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.

24 By FAITH Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. 25 He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. 26 He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.

32 what more shall I say? I do not have time to tell about Gideon, Barak, Samson, about David and Samuel and the prophets, 33 who through FAITH conquered kingdoms, administered justice, and gained what was promised; who shut mouths of lions, 34 quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. 35 Women received back their dead, raised to life again.

There were others who were tortured, refusing to be released so that they might gain an even better resurrection. 36 Some faced jeers and flogging, and even chains and imprisonment. 37 They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated— 38 the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.

What is your big takeaway from today's reading? Why?

After rereading V35-38, how does your thinking need to change in order to become a man that the "world is not worthy of." Describe below.

How does today's reading help you in your recovery?

Prayer/Quote/Challenge/Principle

Share something new you learned about **FAITH** from the reading today.

Talk to God about being like Moses who had a willingness to give up the pleasures of this life...

DAY #4

Walking in the Spirit - Confess \ Learn \ Adjust

Read Galatians 5:16-18 for a good explanation of how to walk by the Spirit!

POWER PASSAGE: Matthew 5:43-48; 6:14-15 - Read / Reflect / Apply / Change
43 "You have heard that it was said, 'Love your neighbor and hate your enemy.' 44 But I tell you, love your enemies and pray for those who persecute you, 45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. 46 If you love those who love you, what reward will you get? Are not even the tax collectors doing that? 47 And if you greet only your own people, what are you doing more than others? Do not even pagans do that? 48 Be perfect (COMPLETE IN CHRIST), therefore, as your heavenly Father is perfect.

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

What is your big takeaway from today's reading? How can you apply it to your life?

Are you willing to DO today's reading? Why or why not?

Why is this passage important for you in your recovery from sexual sin?

Prayer/Quote/Challenge/Principle

The reason most people often fail is because "**they give up what they want most for what they want in the moment.**" If you truly want to have a vibrant life with God on this planet, you **must learn** to make right choices "**in the MOMENT.**"

What do you want most in this life? What do you give into in the MOMENT? What are some practical ways you can remember this principle in the moment? Write a note to GOD asking HIM to help you do this!

Be Still. Reflect on what God is teaching you today. Listen... He is speaking.